

SLOW COOKER SQUASH SOUP



Ingredients:

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| 1 | Small | Onion, peeled & chopped |
| 1 | Medium | Bartlett Pear, peeled & chopped |
| 4 | Tablespoons | Butter (½ stick) |
| 3 | Pounds | Butternut Squash, peeled, seeded and diced |
| 4 | Cups | Vegetable Broth |
| 1 | Teaspoon | Salt |

Directions:

1. Set slow cooker on high. Add butter, onion & pear. Saute while you prepare the squash.
2. Add peeled, seeded and diced squash to slow cooker, along with broth and salt.
3. Cover and cook on low 6 to 8 hours on low, or 4 to 6 hours on high. Squash should be fork tender.
4. If using a blender – transfer (in small batches) solids and some broth to blender and puree until smooth. Place pureed mixture back into slow cooker to keep warm until no solids remain.
5. If using an immersion blender – submerge blender in slow cooker and process until smooth and creamy – about 3 to 4 minutes.
6. Season with additional salt and pepper to taste.

CARDAMOM INFUSED SOUR CREAM: If you like a slightly sweet and creamy element with your soup, mix ½ teaspoon cardamom (or nutmeg) with 1 cup of sour cream. Mix it up first, so that the flavors have time to meld.